

Sweets + Beats

RECIPES RECIPES RECIPES
10
RECIPES RECIPES RECIPES



Table Of Contents

R&B(ars)	03
UCLA Brewin'	06
Sunset Sip	08
Fais Do Do(nut)	10
Temple (PB&C) Bars	12
The Break Up	14
The Make Up	16
Queen B	18
Jill Scot(ch)	20
Sweet Dreams	22

From Bianca Rose, Storyteller

Los Angeles, California, Wilshire Blvd. April 2002

ME (turns to a friend): I like him.

Those were my first words about a guy who'd end up being my Sweet Dream Come True. He brought the beats. I brought the sweets.

These 10 recipes are a taste and celebration of our love story...

It's been sweet, it's been spicy. We've experienced many rocky roads and nutty adventures. But one ingredient that has always remained is dedication. And if we don't get the recipe right the first time, we always try again until it tastes as good as it looks....because just looking good on the outside for pictures is NOT what I'm about. Also, a good beat in the midst of it all is absolutely mandatory.

I hope you enjoy creating these recipes. And hey, if you're new to the kitchen (or not), make sure you retry a recipe if you don't get it right the first time. That's Life. That's Love.

Lastly, no matter what you do...TURN UP THE MUSIC AND DANCE!

xxB. Rose

Song Lyric Credits

These songs are reflections of my recipes and some of the flavors of my love story.

Much respect to the recording artists, songwriters, producers and musicians. Their heart speakers have inspired me in and out of the kitchen.

<u>Song</u>	<u>Recipe</u>	<u>Page</u>
As by Stevie Wonder	R&B(ars)	3
California Love by Tupac Shakur	Sunset Sip	8
Lovely Day by Bill Withers	Fais Do Do(nuts)	10
Good Mourning by India.Arie Simpson	The Break Up	14
Sweetest Thing by Refugee All Star Camp	The Make Up	16
'03 Bonnie & Clyde by Jay Z ft Beyonce Knowles	Queen B(ark)	18
He Loves Me (Lyzel in E Flat) by Jill Scott	Jill Scot(ch)	20
So High by John Legend	Sweet Dreams	22



R&B B(ars)

"As around the sun the earth knows she's revolving
And the rosebuds know to bloom in early may
Just as hate knows love's the cure
You can rest your mind assure
That I'll be loving you always"

R&B B(ars)

The R is for Rum
The B is for Banana

Ingredients

- 1 cup butter, softened
- ½ cup granulated sugar
- ¼ tsp pure vanilla extract
- 2 cups all purpose flour
- 1 tsp ground cinnamon
- ½ tsp salt

- ½ cup butter, softened
- 2 cups brown sugar
- 1 tsp baking soda
- ¼ tsp salt
- 3 eggs
- 4 medium bananas, mashed
- 1 Tbsp rum (or ¼ tsp rum extract)
- 1 tsp pure vanilla extract
- 2 cups all purpose flour

FROSTING:

- ½ cup butter, softened
- 3 oz cream cheese, softened
- 3 cups powdered sugar
- 1 tsp ground cinnamon
- 2 tsp vanilla
- Rum or Milk (as needed)

Directions

Step 1

Preheat oven to 350 degrees. For crust, in a large mixing bowl beat the 1 cup butter with an electric mixer on medium high speed for 30 seconds. Add granulated sugar and the ½ teaspoon vanilla. Beat until combined, scraping sides of bowl occasionally. Beat in the 2 cups flour, the cinnamon, and the ½ teaspoon salt. Press mixture evenly into the bottom of an ungreased 13x9x2-inch baking pan. Bake for 15 to 20 minutes or until light brown. Cool in pan on a wire rack.

Step 2

In another large bowl, beat the ½ cup butter on medium to high speed for 30 seconds. Add brown sugar, baking soda and the ¼ teaspoon salt. Beat until combined, scraping sides of bowl occasionally. Beat in eggs, mashed bananas, rum and the 1 teaspoon vanilla. Beat in 2 cups flour just until combined. Spread over crust.

Step 3

Bake for 40 to 45 minutes more or until a woddent toothpick inserted near the center comes out lean. Cool in pan on wire rack. Spread frosting

Step 4

In a large bowl combine ½ cup butter, softened, and one 3 ounce package cream cheese, softened. Beat with an electric mixer on medium to high speed until combined and fluffy. Gradually beat in 3 cups powdered sugar and 1 teaspoon ground cinnamon. Beat in 2 teaspoon vanilla and enough rum or milk to make a drizzle consistency.



15 Minutes

**UGLA
Brewin'
Cookies**



UGLA Brewin' Cookies

Inspired by what I needed to research, read, study, and write all night as a college student: espresso with a spot of cream..

Ingredients

- 1 stick butter, softened
- ½ cup brown sugar
- ½ cup white sugar
- 1 tsp baking powder
- 1 ½ tsp espresso powder
- ½ tsp salt
- 2 eggs
- 2 tsp pure vanilla extract
- 2/3 cup unsweetened cocoa powder
- 1 ¾ cup all purpose flour
- ¾ cup chocolate covered espresso beans (optional)
- ¾ cup white chocolate chips



Directions

Step 1

Preheat oven to 350 degrees F. Spray cookie sheet with nonstick baking spray. In a large bowl, cream butter, white sugar, and brown sugar. Stir in baking powder, espresso powder, and salt.

Step 2

Stir in cocoa powder. Add flour a little at a time until just combined. Do not over mix. Fold in chocolate chips.

Step 3

Scoop cookie dough on prepared pans. Bake for 8-10 minutes just set. Do not over mix. Cool on cookie sheet for 2-3 minutes before moving to a wire rack.

Sunset Sip



Fun Fact: I worked for SBE Nightlife. The most electrifying clubs and lounges. Those early 2000's stories have to stay on Sunset Blvd, but I will say they were some of the most fun and memorable nights of my life!

"NOW LET ME WELCOME EVERYBODY TO THE WILD, WILD WEST A STATE THAT'S UNTOUCHABLE LIKE, ELLIOT NESS THE TRACK HITS YA EARDRUM LIKE A SLUG TO YA CHEST PACK A VEST FOR YOUR JIMMY IN THE CITY OF SEX WE IN THAT SUNSHINE STATE WITH A BOMB ASS HEMP BEAT THE STATE WHERE YA NEVER FIND A DANCE FLOOR EMPTY"

Sunset Sip

Ingredients

- Ghirardelli Premium Caramel Sauce (or homemade caramel)
- 1 cup Haagen Dazs Dulce de Leche ice cream
- ½ cup club soda
- Whipped Cream

Directions

Step 1

In a fountain glass, slowly drizzle caramel sauce, swirl as you go. Put desired amount.

Step 2

Into the bottom, add ice cream

Step 3

Pour in club soda

Step 4

Top with whipped cream. Enjoy!



Fais Do Do. West Adams Blvd, Los Angeles. IYKYK.

The name comes from Louisiana French, a dance party held usually on a Saturday night in southern Louisiana. Considering my Louisiana roots, I figured this beignet recipe could also represent all the hot and sweet nights I spent in Southern California falling in love.



Fais Do Do (nuts)



“When I wake up in the morning, love
And the sunlight hurts my eyes
And something without warning, love
Bears heavy on my mind
Then I look at you
And the world's alright with me
Just one look at you
And I know it's gonna be
A lovely day”

Fais Do Do(nuts)

Ingredients

- 3 cups all-purpose flour, plus more for dusting
- $\frac{3}{4}$ tsp kosher salt
- 3 Tbsp sugar, divided
- 1 cup warm whole milk
- 2 tsp active dry yeast
- 1 large egg
- 3 Tbsp butter, melted
- 1 $\frac{1}{2}$ to 2 quarts vegetable oil
- 3 cups powdered sugar

Directions

Step 1

Start the dough. In the bowl of a stand mixer fitted with the paddle attachment, combine 3 cups of flour, salt, and 2 tablespoons of sugar.

Step 2

Bloom the yeast. In a 4-cup measuring glass or medium bowl, combine the warm milk (it should be about 100°F), remaining tablespoon of sugar, and yeast. Allow it to sit until foamy, about 5 minutes.

Step 3

Make the dough. Beat the egg into the foamy milk mixture and add the mixture to the mixing bowl of flour. Mix by hand or using the paddle attachment with your stand mixer set to low or medium low, until you get a wet dough with shaggy dry bits throughout. This can take anywhere from 30 seconds to 1 $\frac{1}{2}$ minutes depending on how you're mixing.

Swap out the paddle attachment for the dough hook. Add the melted butter. Set the mixer to medium-low until the butter is incorporated, about 1 minute.

Step 4

Knead the dough. Turn the mixer up to medium or medium-high (depending on the size and weight of your mixer) and knead on the hook for about 6 minutes. The dough should be tacky to the touch but not so wet that you can't handle it.

Step 5

Shape the dough and let it rise. Shape the dough into a ball and place it in a greased bowl. Cover with plastic and allow it to rise until doubled in size, 1-2 hours depending on the temperature of the room.

Step 6

Fry the dough.

Temple Bar. Wilshire Blvd, Santa Monica, California

Those walls have so many stories to tell. And so do I

P.S. PB & C is his fave combo...so clearly I had to create a great recipe to please him

Temple (PB&C) Bar



Temple (Chocolate) Bar

Ingredients

- 1 package 2-layer size devil's food cake mix (YUP! STRAIGHT FROM THE BOX, FOLKS!)
- 1/3 cup butter, melted
- 1 egg
- 3/4 cup butter, softened
- 1/4 cup creamy peanut butter
- 2 tsp pure vanilla extract
- 3 cups powdered sugar
- 2 Tbsp whipping cream
- 1/2 cup whipping cream
- 11 1/2 oz semisweet chocolate chips
- honey roasted peanuts, chopped (optional)



Directions

Step 1

Preheat oven to 350. Line a 15x10x1 inch baking pan with foil. Lightly grease foil, then set aside.

Step 2

For the crust, in a large mixing bowl beat cake mix, melted butter, and egg with an electric mixer on on speed for 1-2 minutes or until combined. Pre mixture evenly into the bottom of the prepared baking pan. Bake for 12 minutes. Cool in pan on a wire rack

Step 3

In another large mixing bowl beat the 3/4 cup butter, peanut butter, and vanilla on medium speed for 30 seconds. Gradually add powdered sugar, beating until combine. Beat in the 2 tablespoons whipping cream. Pour mixture over baked crust, spreading evenly. Chill while preparing ganache.

Step 4

For ganache, in a small saucepan, bring the 1/2 cup whipping cream just to boiling over medium-high heat. Remove from heat. Add chocolate (do not stir). Let stand for 5 minutes. Gently pour ganache over uncut bars. Spread evenly. Cover and chill for 1 to 2 hours or until set. Using the edges of the foil, lift uncut bars out of the pan. Cut into bars.

The Break Up



"Good morning, silence
Good morning to myself
Good morning to the pain
In the center of my chest
It's crazy how much I miss
A simple good morning kiss
Good mourning, independence
Or is it loneliness?
I know I said I wanted this
But I have regrets
I pray for God's will to be done
The very next day you were gone,"

This reimagined Rocky Road Sundae is exactly what a break up feels like: Cold. Burning. Nutty. All At the same damn time.

Ingredients

- Strawberry Ice Cream
- Whipped Cream
- Strawberries
- MiniMarshmallows, toasted
- Pistachios, roughly chopped
- Cashews, roughly chopped
- Basil



Directions

Step 1

Add desired amount of ice cream to a bowl.

Step 2

Add Whipped Cream on top (fresh is best)

Step 3

Top with a generous amount of strawberries, marshmallows, pistachios, cashews

Step 4

Garnish with Basil



The Make Up

"The sweetest thing I've ever known
Was like the kiss on a collarbone
The soft caress of happiness
The way you walk, your style of dress
I wish I didn't get so weak
Ooh baby, just to hear you speak
Makes me argue just to see
How much you're in love with me"

The Make Up

Ingredients

- 6 oz bittersweet chocolate, chopped
- 3 Tbsp heavy cream
- 1 Tbsp butter
- 1/8 tsp ground pure ancho chili powder
- 10 large strawberries



Directions

Step 1

In a heat-proof mixing bowl, add the chocolate, cream, and butter. Place over a smaller pot of simmering water. Be sure the water does not touch the bottom of the bowl. Stir until chocolate is melted.

Step 2

Stir in the chili powder and mix until fully incorporated.

Step 3

Hold each strawberry by the stem and dip into the chocolate allowing the excess to drizzle back into the pan. Place chocolate covered strawberries on a parchment or waxed paper lined sheet tray. Once chocolate is cool, chill until fully set, about 30 minutes.

Step 4

Make up.

"Cruisin' down the westside highway I Doing what we like to do our way I What ever she lacks, I'm right over her shoulder
When I'm off track, mami is keepin' me focused I So let's look this down like it's
supposed to be The '03 Bonnie and Clyde, Hov' and B, holla"



Queen B(bark)

Queen B(ark)

Ingredients

- 12 ounces Ritz crackers
- 1 cup sugar
- ½ cup honey
- ½ cup (1 stick) unsalted butter, cut into pieces
- 1 tsp baking soda
- 6 oz bittersweet or semisweet chocolate, melted
- ½ cup dried tart cherries
- ¼ cup almonds, chopped
- 2 tsp flaky sea salt



Directions

Step 1

Preheat oven to 350°F. Using your hands, coarsely crumble crackers onto a parchment-lined baking sheet. Toast in oven until golden brown, 8–10 minutes. Transfer baking sheet to a wire rack and let crackers cool.

Step 2

Meanwhile, heat sugar, honey, and butter in a medium saucepan over medium-high heat, stirring occasionally, until butter is melted. Fit saucepan with thermometer and cook, whisking frequently, until thermometer registers 300°F, 8–10 minutes. Remove from heat and stir in baking soda (mixture will bubble vigorously). Quickly pour mixture over crackers, spreading to coat evenly. Let cool completely.

Step 3

Drizzle chocolate over cooled crackers; immediately top with cherries, coffee beans, hazelnuts, and cacao nibs and sprinkle with salt. Chill until chocolate is hardened, at least 10 minutes. Break bark into pieces.

Jill Scot(ch) Gobbler



"You love me,
especially different every time
You keep me on my feet, happily excited
By your cologne
Your hands
Your smile
Your intelligence
You woo me, you court me, you tease me,
you please me (please me)
You school me (school me)
Give me some things to think about
Ignite me, you invite me, you co-write me,
you love me, you like me
You incite me to chorus, ooh"

Ingredients

For the topping:

- 2 Tbsp plus 2 tsp all-purpose flour
- 2 Tbsp granulated sugar
- 1/4 cup very finely chopped pecans
- 1/2 tsp. ground cinnamon
- Pinch of salt
- 2Tbs. cold salted butter

For the peaches:

- 2 lb peaches (canned, skinned, seeded fresh or frozen, thawed)
- ¼ cup all purpose flour

For the butterscotch:

- 4 Tbs (1/2 stick) salted butter
- 1 cup firmly packed dark brown sugar
- 1/2 cup heavy cream
- 1 tsp. pure vanilla extract
- ½ tsp bourbon or bourbon extract

For the crust:

- 2/3 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1 tsp. sea salt
- 1 cup sour cream



Directions

Step 1

Preheat an oven to 350°F. Make the streusel. In a bowl, combine the flour, sugar, pecans, cinnamon and salt. Cut the butter into 1/4-inch cubes and toss them in the bowl to coat them with flour. Quickly work the mixture between your fingers until it resembles coarse crumbs. Cover and refrigerate until needed.

Step 2

Cut the peaches into 3/4-inch pieces and place them in a bowl. Add the flour and toss to evenly coat the peaches. Set aside.

Step 3

To make the butterscotch, in a 3-quart sauce pot over low heat, melt the butter. Add the brown sugar and 1/4 cup of the cream and slowly stir until smooth and homogenous. Increase the heat to bring the mixture to a boil and cook without stirring for 3 minutes. Remove the pan from the heat and let it sit for about 30 seconds. Stir in the remaining 1/4 cup cream, vanilla and salt.

Add the peaches and any flour remaining in the bowl to the butterscotch and stir to coat the apples evenly. Tap the sauce pot on a flat surface to settle the peaches into an even layer and release any air pockets. Use a rubber spatula to clean the sides of the sauce pot above the surface of the peaches.

Step 4

Quickly make the batter for the cobbler crust. In a small bowl, combine the flour, sugar, baking powder, baking soda and salt. Stir in the sour cream until the mixture just comes together to make a very thick batter. Do not over mix. Spoon the batter randomly over the top of the apples; it's okay to leave some apples exposed on the surface, as the batter will spread out as it bakes and form a uniform crust. Sprinkle the streusel on top of the batter, then place the sauce pot in the center of the oven and bake for 1 hour and 15 minutes.

Step 5

Remove the pot from the oven and let cool for about 15 minutes. Serve the warm cobbler topped with vanilla ice cream. Serves 6.



Sweet Dreams Cookies

“Baby since the day you came into my life | You made me realize that we were born to fly | You showed me every day new possibilities | You proved my fantasies of love could really be | Let's go to a place only lovers go | To a spot that we've never known | To the top of the clouds we're floating away yeah | This feels so crazy | Oh this love is blazing | Baby we're so high | Walking on cloud nine | So high | My shoes are scraping the sky| So high | You've got me up so high | My shoes are scraping the sky| Maybe later we could go up to the moon | Or sail among the stars before the night is through | And when morning comes we'll see the sun is not so far | And we can't get much closer to God than where we are | We'll go to a place only lovers go | To a spot that we've never known | To the top of the clouds we're floating away yeah | Ooh this feels so crazy | Oh this love is blazing | Baby we're so high | Walking on cloud nine | So high | My shoes are scraping the sky | So high | This is how love's supposed to be”

Sweet Dreams Chocolate Chip Cookies

Ingredients

- 1/2 cup salted butter (room temp)
- 2/3 cup packed dark brown sugar
- 1/2 cup granulated sugar
- 1 large egg (room temp)
- 1/2 tsp pure vanilla extract
- 1 1/3 cup all purpose flour
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 1 1/3 semisweet chocolate chips
- 1 cup toasted pecans (optional)
- milk chocolate chips and course Kosher salt (for garnish)

Directions

Step 1

Cream butter and sugars for 7-9 minutes, until pale and fluffy

Step 2

Beat in egg and vanilla

Step 3

In a small bowl, whisk together flour, baking soda and salt. Then, mix the flour mixture into the creamed butter. Do not over mix. Next, mix in the chocolate chips and cooled, toasted nuts only until fully combined

Step 4

Cover dough with plastic until dough is firm (overnight is best)

Step 5

Form the cookie dough into 1 tablespoon mounds, place on a baking sheet. Bake cookies at 350 degrees for 7-8 minutes, until about set, but are not browned yet. Remove baking sheet from oven and slightly tap onto the countertop to remove air.

Step 6

Top with milk chocolate chip and a sprinkle of Kosher salt. Return to oven for an additional 1 minutes. Cookies will be light golden brown. Do not over bake. Remove from oven and let cookies cool before serving. Enjoy!

**Follow Me On Social Media
For Culinary Tips,
Music Playlists & Videos
From My Kitchen To Yours**



@SweetDreamsLA



@SweetDreamsLATV

